

INAPPROPRIATE PRIMARY FEEDING

(411A)

PARTICIPANT TYPE.....**INFANTS**

HIGH RISK.....**No**

RISK DESCRIPTION:

Routinely using a substitute for breast milk or for FDA-approved iron-fortified formula as the primary nutrient source during the first year of life.

EXAMPLES:

- Low iron formula without iron supplementation
- Cow's milk, goat's milk, or sheep's milk (whole, reduced fat, low-fat or skim)
- Canned evaporated or sweetened condensed milk
- Imitation or substitute milks (rice- or soy-based beverages and non-dairy creamer)
- Other "homemade concoctions"

ASK ABOUT:

- Family or cultural practices including religious beliefs
- Medical history including medical conditions and illnesses, elimination patterns
- Pediatric growth chart
- Feeding history including trials with other formulas/products, signs of feeding intolerance, other feeding behaviors and practices that may contribute to perceived signs of formula intolerance
- Routine vitamin and mineral supplements
- Prescribing authority's feeding recommendation
- Adequacy of financial resources for food

NUTRITION COUNSELING/EDUCATION TOPICS:

- Breastmilk is the preferred method of infant feeding for the first 12 months.
- For infants fed formula, iron-fortified formula is recommended as the substitute for breastmilk.
- Babies use up their body stores of iron quickly so they need a dependable source of iron to prevent iron deficiency anemia. Iron deficiency anemia is associated with cognitive and psychomotor impairments that may be irreversible, decreased immune function, apathy, short attention span, and irritability.
- Feeding low-iron formula can lead to iron-deficiency anemia.

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NUTRITION COUNSELING/EDUCATION TOPICS (CON'T):

- Cow's milk contains insufficient and inappropriate amounts of nutrients for infants.
- Cow's milk can cause occult blood loss that can lead to iron deficiency. The high renal solute load stresses the kidneys. Early introduction to cow's milk can also lead to allergic reactions.
- Goat's milk, sheep's milk, imitation and substitute milks, and other "homemade concoctions" do not contain nutrients in amounts appropriate for infants.

POSSIBLE REFERRALS:

- If parent declines iron-fortified formula, refer to primary care provider for follow-up regarding iron supplementation.
- If the child is not receiving well child care or keeping appointments, refer the child (if on medical assistance) to Health Tracks (<http://www.nd.gov/dhs/services/medicalserv/health-tracks/>), the local public health department, or primary care providers in the community.